

# TEAM POWER!

Team Captains! By now, your Team Members have been identified and they have all registered for the *Food to Work By* program. This next step is to assess the “food culture” in your workplace.

- With your team’s input, complete the *Food to Work By* Survey and the Goals sheet below.
- **When finished, fax this completed form to the Wellness Center at 665-6140. No cover sheet is necessary.**



Team Name: \_\_\_\_\_

Team Captain’s Name: \_\_\_\_\_ Z#: \_\_\_\_\_ Phone #: \_\_\_\_\_

## *Food to Work By* **SURVEY**

Answering these 5 questions will help your team to select *Food to Work By* goals.

1. Which best describes food at work **meetings**?
  - ☐ Often includes healthy offerings, such as fruit or vegetable trays.
  - ☐ Not particularly healthy. Donuts or sweet rolls make a frequent appearance, for example. Definitely room for improvement.
  - ☐ Not applicable. Food is seldom eaten at meetings.
2. Which best describes the **break room** or “gathering place”?
  - ☐ Coworkers frequently put out food like crackers and carrots with low fat dip, pretzels or popcorn.
  - ☐ Coworkers often bring in goodies, like cookies, donuts or other sweets. Definitely room for improvement.
  - ☐ Not applicable. No common gathering place or break room.
3. Which best describes work **potlucks**?
  - ☐ Our group’s potlucks nearly always offer a variety of foods that include at least a couple of nutritious choices (healthy salads, vegetarian entrées, fruit-based desserts, etc.)
  - ☐ Our group potlucks offer tasty favorites, but rely heavily on cheesy selections, high fat foods, rich desserts, etc. Definitely room for improvement.
  - ☐ Not applicable. Our group seldom has potlucks.
4. Which best describes area **vending machines**?
  - ☐ Vending machines include at least a couple of more nutritious selections, such as trail mix, 100% fruit juice or pretzels.
  - ☐ The vending machine selections are mostly candy or soda and offer little else. Room for improvement.
  - ☐ Not applicable. No convenient vending nearby, or it is seldom used.
5. Which describes the **eating “culture”** at work? For this question, choose all that apply.
  - ☐ Pretty healthy. Food eaten during work is seldom an obstacle to achieving health goals such as weight loss or maintenance.
  - ☐ Too many temptations. Frequency of goodies, quantity or the type of food is hard to resist.
  - ☐ At least one person is a well meaning “food pusher”! Sharing food is important to these people. They may keep a well-stocked candy jar on their desk for passersby, often bring in sweets, or frequently suggest options like breakfast burritos or pizza.
  - ☐ Frequent social eating ... potlucks, lunches with coworkers, etc.

## TEAM GOALS

- Choose **one or more** of the following goals. More ideas can be found in the program's Educational Materials.
- Choose no more than your team can realistically achieve in 3 weeks.
- Plan to add additional goals throughout the year as your successes help make the shift to an improved food culture at work.
- **When finished, fax this completed form to the Wellness Center at 665-6140. No cover sheet is necessary.**
- At the program's conclusion, you will submit this same form with a brief description of "What We Did."

A goal should be big enough to matter, and small enough to achieve ... during March!

Team Name: \_\_\_\_\_

Team Captain's Name: \_\_\_\_\_ Z#: \_\_\_\_\_ Phone #: \_\_\_\_\_

### Our team plans to:

- ☐ Develop a new game plan for food eaten at group meetings.
- ☐ Encourage healthier foods eaten in break rooms or gathering spots.
- ☐ Develop a more structured, healthier approach to group potlucks.
- ☐ Encourage and support healthier choices among coworkers for meals eaten out, including cafeteria, catering truck, restaurants and take-out food.
- ☐ Investigate the possibility of offering healthier options and/or "point of purchase information" for a frequently used vending machine in our work location.  
*NOTE: While this is a worthy goal, it may be the hardest one to achieve. Suggestions for vending machines have been included among the web resources.*
- ☐ Provide positive feedback and reinforcement to coworkers who are taking action to build a healthier food culture.
- ☐ Other \_\_\_\_\_  
\_\_\_\_\_

### What We Did:

(Leave blank until program conclusion)

Go **TEAM!!**